



Thinking about Quitting?

If you are thinking about quitting tobacco, there is help available. Three services available to you include: the Arizona Smokers' Helpline, the 2008 Benefit Options Health plan change covering tobacco cessation aids, and the EmbodyHealth web portal programs through Benefit Options Wellness.

The Arizona Department of Health Services' Tobacco Education and Prevention Program offers the Arizona Smokers' Helpline where you will speak to a live counselor to help you quit smoking or chewing tobacco. By calling the ASHLine you will also learn about face-to-face tobacco cessation classes near you. Whether over the phone or in person, counselors will help you develop a personalized quit plan to become tobacco-free. When you enroll in one of these programs, you may also become eligible to receive discounted medication to assist you in the quitting process. If you are interested in more information or are ready to take the first step toward quitting, please call the Arizona Smokers' Helpline at 1-800-55-66-222, visit their website at www.ashline.org, or talk to your doctor.

In order to assist those who wish to quit tobacco the Benefit Options health plan will be covering nicotine replacement therapies for the 2008 plan year beginning October 1st. The health plan will cover nicotine patches, nicotine gums, prescription medications, etc., up to a lifetime maximum of \$500. Members can receive a prescription from their physician and have it filled at participating pharmacies for only

the cost of their copay. As nicotine replacement therapies (NRT) can sometime be costly this is a valuable new service offered by the Arizona Department of

Administration. According to the American Cancer Society, studies have shown that pairing NRT with a program that helps to change behavior can double your chances of successfully quitting.

As an additional resource to help with tobacco cessation Benefit

Options Wellness provides the EmbodyHealth web portal program called My Smoke-Free Future and educational articles. My Smoke-Free Future is an interactive behavior change program developed by experts at Mayo Clinic. This online program can help you stop smoking by guiding you through a series of activities that will increase your chances of kicking the tobacco habit for good. You will prepare for your quit date by determining your personal motivation, creating a coping plan and making a support list. You can progress at your own pace and you will receive regular emails to keep you motivated. Once you reach your quit date, you will get information on preventing lapses, coping with relapses and embarking on a healthy new life. Log on now at www.bewellstaywell.az.gov to learn more about the "My Smoke-Free Future" program and other EmbodyHealth services.



Tobacco Education and Prevention Program



FREE FLU SHOTS



With flu season quickly approaching, Benefit Options Wellness is once again offering **FREE** influenza vaccinations to all State of Arizona employees and Benefit Options Members (retirees, spouses, and dependents over 9 years of age). The Center for Disease Control is not anticipating a flu vaccine shortage this season. Therefore, all eligible individuals can receive FREE flu immunization beginning October 1st.

All eligible individuals may receive a flu shot from Healthwaves' public clinics, State worksite events, a large centralized event, or a family day clinic. Individuals wishing to receive a flu vaccine should bring the **Employee Identification Number (EIN) of the primary insured, Benefit Options insurance card, and a photo ID**. Healthwaves' public flu clinic sites and schedules will be posted on their website at www.healthwaves.com. Specific dates and times for work site events will be available on the Benefit Options Wellness website www.benefitoptions.az.gov/wellness. Please review the websites frequently as schedules are subject to change. For other flu vaccine questions, call the Benefit Options Wellness line at 602-771-9355 to speak with a member of the Wellness team.

Benefit Options
Choice. Value. Health.

Expect a flu vaccine reminder in the mail late September!

Mini Health Screening at Work

All State employees and Benefit Options members are eligible to participate in mini health screenings.

Confidential results will be mailed to your home.

The basic screenings are **FREE** and optional screenings are priced as indicated:

- Height & weight; blood pressure; and percent of body fat (body composition).
- Cholesterol (total lipid panel) and blood sugar (**8-hour fasting is required for this blood draw**).
- Free osteoporosis screening for women 40 and older. \$35 for women under age 40.
- \$5 PSA screening (blood draw) for men 40 and older. \$40 for men under age 40.

You will need your Employee Identification Number (EIN) and Insurance card for this event.

Sept. 11th — 7:30am-9:30am

Phoenix, PSPRS

3010 E. Camelback, Suite 200

No appointment necessary. These screenings are done on a first come, first serve basis.

Mini Health Screenings WILL NOT be scheduled during flu season (October 1st thru December 31st).



Massage Therapy At Work

This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.



Check the Wellness website for events scheduled in your county.

National StresStation will travel to worksites with at least 15 interested employees (and/or family members). Call National StresStation at 480-990-1701 to discuss having this program at your worksite.

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available to be requested and scheduled at State worksites.

Wellness events are requested and coordinated by State employees at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn

"How To Request and Schedule Worksite Events."

Event requests must be submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.

Online Event Request Form



Upcoming Events

Skin Cancer Screening



This **FREE** screening is open to all State employees and Benefit Options members and includes:

- Assessment by a Nurse Practitioner or Physician's Assistant for skin cancer **AND**
- Review of personal and family medical histories and lifestyle factors

Screenings take approximately 10 minutes, and participants will NOT be required to disrobe.

September 10th

9:00 am - 1:00 pm

ADOT Prescott Valley
6989 Second Street

Call Cheryl at 928-777-5871 to register

September 20th

9:00 am - 1:00 pm

ADOT Payson
200 N. Colcord Ave.

Call Cheryl at 928-777-5871 to register

September 25th

8:00 am - 2:30 pm

ADOA
100 N. 15th Ave.

Call Jen Douville at 602-771-9355 to register

September 28th

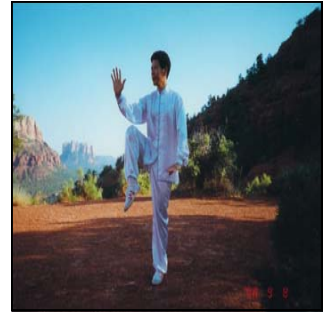
9:00 am - 12:00 pm

ADOT Wickenburg
600 Wickenburg Way

Call Cheryl at 928-777-5871 to register

NOTE: The registration deadline for all skin cancer screenings is one week before the screening date.

TAI CHI CLASS



**Wednesdays, Sept. 12 — Oct. 31,
2007**

**Dept. of Health Services
1740 W Adams
Basement Activity Room**

Beginner Class: Noon—1pm

Beginner/Intermediate Class: 1pm—2pm

Advanced Class: 2pm—3pm

Tai Chi is a natural solution to reducing stress and increasing activity level. Taught in the traditional format by Master Jesse Tsao, these classes include discussion about the practice and benefits of tai chi and step by step instructions on postures. Class fee is \$40, payable to instructor at the first class meeting. Dress comfortably.

REGISTRATION REQUIRED!

Registration will be open from

September 3 through September 11

Contact Wellness at: 602-771-9355 or
wellness@azdoa.gov

Please include: Name, Agency, Work phone, and the Class you are interested in.

Class size is limited to 15 participants and enrollment will be first come first serve!

MOM

Mobile On-site Mammography

"Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgett, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screening at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member services department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The M.O.M. van will be parked outside the following locations:

September 11 — DES, Phoenix
2222 W. Encanto
8:00am - 4:00pm

September 26 — DHS, Phoenix
150 N. 18th Ave.
8:00am - 5:00pm

Open Enrollment Benefit Fairs

You are invited to attend any benefit fair(s) that is convenient for you.

ADOA - 100 N. 15th Ave., Room 300, Phoenix
August 31st - 11:00 am - 1:00 pm
September 5th - 10:00 am - 2:00 pm

ADOA (Tucson) - 400 W. Congress, Atrium
August 30th - 10:00 am - 2:00 pm

U of A - 1303 E. University Blvd., Stud. Union North Ballroom
August 27th - 10:00 am - 2:00 pm

ASU - Tempe Campus Memorial Union, Turquoise Room #208F

August 29th - 10:00 am - 2:00 pm

NAU - 306 E. Pine Knoll Drive, Bldg. 64, du Bois Center, Ballroom

September 6th - 9:00 am - 4:00 pm

Weight Watchers® at Work

The At Work Program® is a series of motivational meetings at the worksite designed to encourage safe, sensible weight loss and weight control. Each series lasts for 10 weeks and includes weekly 45-minute meetings. Meetings are facilitated by trained Weight Watchers personnel who themselves have lost weight and kept it off with the Weight Watchers program. Each meeting includes a quarter hour, confidential weigh-in followed by a half-hour meeting. Cost includes weekly meetings and written program materials.

Cost: Participants pay \$59 (Benefit Options Wellness pays the remaining cost of the class).

Length: 45-minute classes held during a 10-week series

Participation: minimum of 18 participants required



Availability: Weight Watchers can bring a series of meetings to your worksite at a variety of times throughout the day. Because the lunch hour is the most popular requested time, the Wellness Program encourages considering "off" times during the day. This will increase the availability of Weight Watchers to fulfill the request (such as before work, 10:00, 1:30, etc.).

Additional options:

- A current meeting series may be in session at an agency near you at any given time. Please call Weight Watchers for the schedule.
- For groups who cannot meet the minimum number of participants, Weight Watchers will start a group of employees who would like to attend regular meetings in their own neighborhoods.

To schedule a series or find an existing series, write to info@weightwatchersaz.com or call 1-800-651-6000, ext. 21. Please identify your agency when you call.

Weight Watchers At Work Program series fees are non-refundable and non-transferable. Members becoming pregnant or relocating outside of Arizona during a series may be eligible for partial refunds.

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100 N 15th Ave, Suite 103 Phoenix, AZ 85007

www.benefitoptions.az.gov/wellness

email: wellness@azdoa.gov, phone 602-771-9355

Persons with a disability may request accommodations by contacting the ADOA Benefits Office. If you need this issue in alternative format, please call 602-771-9355

benefit options wellness!
Be Well Stay Well.